Approximately 7.7 million American adults age 18 and older, or about 3.5 percent of people in this age group in a given year, have PTSD.

The Recovery Effort After Adult and Child Trauma (R.E.A.A.C.T.) Program began as a research project focused exclusively on how children cope with the trauma associated with house fires.

With the aftermath of Hurricane Katrina, and other threats against safety, the need for a more extensive approach became necessary.

With the cooperation of several grants and initiatives from various universities, government agencies and social services, the R.E.A.A.C.T. Team now addresses the needs of parents and children affected by multiple forms of crisis and trauma.

R.E.A.A.C.T.

Virginia Tech Psychological Services Center
3110 Prices Fork Road Blacksburg, VA 24060
P: 540-231-5934 or 540-231-6914
E: REAACT@vt.edu

R.E.A.A.C.T.

Are you suffering from Posttraumatic Stress Disorder or Depression after a Traumatic Event?

We Can Help!

Phone: 540-231-5934
E-Mail: REAACT@vt.edu
About the Team

Dr. Russel T. Jones
Director and Founder
Professor of Psychology
Department of Psychology
137 Williams Hall
Virginia Tech
Blacksburg, VA 24060

Stress and Coping Lab Members of the Department of Psychology at Virginia Tech

Partners
Local School Systems
  • Guidance Counselors
  • Teachers
  • Clinicians
Department of Psychology
Area Firefighters
Local Red Cross

Are you experiencing some of the following symptoms after a traumatic event?

- Difficulty falling or staying asleep
- Loss of interest in activities
- Irritability or outbursts of anger
- Difficulty concentrating
- Upsetting memories of the event
- Nightmares
- Intense distress when reminded of the event
- Bodily reactions (pounding heart, sweating, muscle tension)

What we can offer you:

- Comprehensive Trauma Assessment
- Short-term Therapy
- Long-term therapy, if needed

“What We Do

- Ensure that all children are provided with assistance throughout the recovery process following traumatic events.
- Help identify service needs and connect families with resources.
- Help parents recognize the immediate impact of traumatic events on their children.
- Determine the degree of distress levels for parents and children and provide coping skills.
- Help children and their families return to their previous level of functioning.

“Major Depressive Disorder is the leading cause of disability in the U.S. for ages 15-44.”